

The Title: This is how you take advantage of your dark side!

Whatever you call it, the voices, demons, shadows, the dark side, the monsters, is not important, what matters is how this “dark side” of you affects your life and how you deal with it, and you’re not the only one who has it!

The healing journey often focuses on the positive side and how you should shift your mindset towards positive thinking and not focus on the negative side, but neglecting your demons would cause you to lose progress in the long run, it’s like a dormant volcano you do know it’s going to blow up in the future yet you ignore it and keep living on the volcano side, guess what! when it’s going to blow up, regrets won’t help!

On the other hand, if you took time to understand the roots and what is causing your dark side problems, and look for a solution, the progress of healing would go forward never backward.

Ignoring your dark side is like walking on thin ice!

You must be curious about what working on your dark side looks like. What should you do?

One of the greatest techniques that could help you in your journey toward healing is journaling, yes you have read that right! When we write, is just you and your mind, it’s a safe space, you already know everything about yourself, and you can’t be freer than that.

But how should you start? What are you going to write in this journal? That’s already taken care of!

Here is a journal prompt for you with 14 questions to help you start your healing journey toward a better version of yourself!

1. What emotion do you try to avoid feeling the most?
2. How do you typically react when you feel this emotion?
3. What negative emotion do you feel most comfortable with?
4. Do you cling to this emotion because it feels normal?
5. Is your inner voice kind or critical?
6. What are the things it says to you most often?
7. Is your inner voice truly yours?
8. Could it be influenced by other people in your life like your parents, friends, or partners?
9. What are three qualities about yourself that you struggle to accept?
10. Why?
11. What childhood experiences have shaped your current fears and insecurities?
12. In what ways do you seek external validation? How does it impact your self-worth?
13. What are the underlying fears that prevent you from fully expressing yourself?
14. Moving forward, how can you show more self-compassion and acceptance of yourself?

